

# ABOUT CHEERLEADING

Established in 2014, To Shine upholds unwavering commitment, hard work, and uplifting coaching to create a supportive environment for our athletes. As one of Australia's fastest-growing sports, cheerleading at To Shine goes beyond performance—it's a team sport fostering physical, mental, and emotional growth.

Competitive cheer involves professionally choreographed routines combining tumbling, jumping, dancing, stunting, tossing, catching and most importantly, teamwork. Every athlete plays a crucial role, contributing to the overall brilliance of a routine. Safety is paramount, with a philosophy of "perfection before progression," ensuring athletes are placed in teams aligned with their abilities.

To Shine actively participates in prestigious competitions led by AASCF, CheerCon, and Spirit Industries, even venturing interstate for the AASCF Australian National Championships in November each year. Coaches are accredited by leading federations such as USASF, IASF, and ACSA emphasizing the commitment to high-quality coaching and fostering the growth of athletes. It's not just cheerleading; it's a journey to shine individually and as a team.

